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Navy & Marine Corps Medical News (MEDNEWS)
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This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

Headlines this week include:

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Headline: Advanced Cardiac Care Systems On Ships Evaluated
San Diego (NWSA)-Sailors assigned to cruisers, destroyers and smaller surface ships will soon enjoy increased availability to medical care. The Navy's Regional Support Organization (RSO) San Diego has initiated the advanced cardiac care pilot project to deliver better cardiac care to Sailors underway.

The pilot program will be evaluated by May, before a decision is made whether to introduce the program fleet-wide.

"Prior to this project, we were unable to do very much for cardiac arrest victims with the exception of CPR and medevac," said HM1 Roy L. Underwood. "This system allows the independent duty corpsman to make a more informed judgment on the need for immediate medical care."

"Cruisers, destroyers and other smaller ships are more often operating independently from battle groups which creates an even greater time delay for medevac to the advanced medical capabilities of an aircraft carrier," said Michael M. Salas, project coordinator.

Advanced cardiac care systems are currently installed on San Diego-based USS MERRILL (DD 976), USS RENTZ (FFG 46), USS VINCENNES (CG 49), USS LAKE CHAMPLAIN (CG 57) and USS JOHN YOUNG (DD 973).

Although only in its initial phase, the Advanced Cardiac Care Pilot Project is already receiving high marks from the corpsmen who have been using the system. HM3 Jeff G. Simpson said, "To have an acute cardiac care unit aboard the ship will give us an advantage in saving lives."

By Public Affairs Center San Diego

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Headline: Pediatric Artists Promote Health Through Art

Camp Pendleton, CA-Naval Hospital (NH) Camp Pendleton houses an exclusive art collection. The artwork in the pediatric art gallery has been marked for as much \$200,000 or not for sale because they are so precious. The price is fictitious but the value associated with the message of the artwork is priceless.

Two years ago the pediatric wellness team took the initiative to turn a drab hallway into an inspiring and motivational art gallery to promote healthy lifestyles. And what better way to influence people to take responsibility for their health than "out of the mouths of babes."

Using the masterpieces from children at the base daycare centers and a first grade class, the gallery has grown from poster board and construction paper into a well framed hallway just outside the pediatric clinic with artwork promoting safety, nutrition, drug awareness, and personal hygiene.

"The art gallery helps people to see that the hospital cares about more than a single episode of care about their lifestyle," said CDR Karen Doyle, NC, who originated the art gallery idea.

Since the gallery's inception, the pediatric wellness team has coupled up with the puppet ministry at the hospital to interactively promote wellness.

"The key is to teach the children and use their artwork as a return demonstration of what they have learned," said Doyle.

Registered nurse Jeanette Cabrera, division officer in the pediatric immunization clinic and puppet show story teller, is amazed that the children demonstrate what they have learned so well. She fondly recalls a pre-schooler coming up to her and saying, "you think I could draw a picture to teach my grandpa not to chew tobacco because it will make him sick?"

The message rings out loud and clear not only to the children but the patients, too. Cabrera witnessed an older man seeing his portrait in the gallery.

"He told me seeing yourself through the eyes of children, it really hits home. He then decided to join the smoking sensation class," said Cabrera.

In addition to reaching those that enter the hospital, Doyle hopes the children influence those at home as well.

"Children have the greatest impact on parents, so why not use the children to influence the parents to live a healthier lifestyle?" said Doyle.

For sale or not for sale, you can not put a price on healthy living or the masterpieces at the NH Pendleton pediatric art gallery.

By Kimberly Allen, Bureau of Medicine and Surgery

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Headline: Jacksonville Unveils Telemedicine Link

Jacksonville, FL-Naval Hospital (NH) Jacksonville unveiled the first link in a new telemedicine network with their remote Branch Medical Clinics during a live demonstration between Key West, FL, and Jacksonville last month.

On hand in Key West to cut the ribbon and make remarks was Navy Surgeon General VADM Harold Koenig, accompanied by CAPT Milton Benson, MSC, NH Jacksonville's commanding officer, and Naval Base Jacksonville's Commander, RADM Kevin Delaney.

"What makes this system unique is that the signal comes into a central location at the hospital and then is transmitted through our computer local area network to any department -- radiology, internal medicine, dermatology, surgery, you name it," said Benson. "It's great because all our specialists will be able to use the technology right from their offices. We can hook up the equipment anywhere there's a computer," Benson continued.

Koenig pointed out the tremendous cost savings that had been realized through telemedicine in other locations, while Delaney brought the concept closer to home. "Telemedicine will bring medicine to the Sailors of Key West instead of making them fly to Jax for a 15 minute appointment that typically results in three days of lost productivity at a cost of nearly \$1,000. It makes sense and is clearly the right thing to do," Delaney said.

By LCDR Karen Schaffer, NH Jacksonville

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Headline: BUMED Sailor of the Year Finalists Announced

Washington, DC--The Bureau of Medicine and Surgery (BUMED) announces its Sailor of the Year (SOY) Finalists for 1996.

They are:

-HM1 Claro V. Garcia, Naval School of Health Sciences, San Diego

-HM1 Michael L. Gurganus, Naval Operational Medicine Institute, Pensacola, FL

-DT1 Sharolyn A. McCraney, Naval School of Dental Assisting and Technology, San Diego

-HM1 Ceasar A. Salicrup, Bureau of Medicine and Surgery

-HM1 Jill M. Szczepanski, Naval Hospital Corps School, Great Lakes, IL

BUMED's SOY will be announced on Wednesday, Mar. 19. He or she will advance to the Chief of Naval Operations' Navy-wide 1996 Shore Sailor of the Year competition.

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Headline: Tibbits Honored by Federal Computer Week

Bethesda, MD-CAPT Paul A. Tibbits, MC, commanding officer, Naval Medical Information Management Center (NMIMC), Bethesda, MD, was selected as one of Federal Computer Week's (FCW) "Federal 100 of 1997."

The group of 100 government and industry executives and academics were chosen by an independent panel of judges for their significant contribution on the government computer systems community.

Tibbits was selected for the contributions he made in the way his agency developed, acquired, and managed information technology in the federal world. He will be recognized in a special FCW supplement in the Mar. 10 issue of the paper.

By Harriet Campbell, NMIMC

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Headline: Navy Issued Patents for Potential Shock Treatment

Bethesda, MD-The Naval Research and Development Command (NRDC) has been awarded three patents for innovations in the treatment of septic shock, the nation's 13th leading cause of death.

According to Dr. Michael Falk, director of septic shock at NRDC, these inventions will be useful not only in the treatment of septic shock, but in blood loss and blood deficiency injury, and can also help prevent transplant rejection.

"They will be useful in the potential care in combat casualties and the civilian sector as well," said Falk.

This Navy-developed technology has received broad interest because it specifically hones in on the cause of septic shock. Other treatments for septic shock often affect other parts of the body.

The issuance of the patents was a collaborated effort with Dyad, Inc. Dyad will own the license to the patents for commercialization of the invention for the benefit of the general public.

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Headline: There's Nothing Private in Government Cyberspace

Washington, DC-Here's something to think about: Every time you access the Internet on a federal computer system, the government and the sites you visit record your use. You cannot go "web surfing" anonymously.

A recent revision to the Joint Ethics Regulation (DOD 5500.7-R, section 2-301) spells out legal and illegal use of federal communications resources. Now, rules that apply to personal use of government telephones apply as well to facsimile machines, electronic mail and the Internet.

According to the regulation, official use of these resources includes "emergency communications and communications that the DOD component determines are necessary in the interest of the federal government."

Theater commanders can approve personal use of

government communications resources by people deployed away from their home on official DOD business. For example, it is permissible to e-mail to family members of transportation or schedule changes.

The regulation also allows limited personal communications from DOD employees' usual work place. This may include brief Internet searches, conversing with a spouse or minor children via e-mail or sending and receiving personal business paperwork by fax.

The usual restrictions that apply to telephone use apply here as well: Personal use shouldn't overburden the system, can't cost DOD money and can't violate federal, state or local laws. Additionally, the regulation prohibits any use that reflects adversely on DOD or any of its components. This includes transmitting pornography, chain letters, unofficial advertising, soliciting and selling (except on authorized bulletin boards) and classified information, or gambling.

Finally, be aware you have no privacy when using government communication resources. Using these resources constitutes consent to monitoring by the agency.

By Doug Gillert, American Forces Press Service

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Headline: Naval Medical Logistics Conference Held

The annual Naval Medical Logistics Conference will be held on April 8-10 at the Ramada Inn Convention Center, Hagerstown, MD.

The conference, sponsored by the Naval Medical Logistics Command (NMLC), will include presentations on MHSS 2020, re-engineering business practices with emerging technologies, and battlefield logistics support. The Naval Medical Logistic Strategic plan will also be discussed.

On-line conference registration and additional information is available on NMLC Homepage at [http: \(slash slash\)www-nmlc.med.navy.mil](http://www-nmlc.med.navy.mil) or by calling LT Randy Owens, MSC, at NMLC at DSN 343-3009 or commercial 301-619-3009.

Registration deadline is Mar. 28.

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Headline: TRICARE Question and Answer

Question: I'm a first Class Petty Officer. My wife has comprehensive insurance where she works. Do you recommend she enroll in TRICARE Prime?

Answer: If a family member has other comprehensive health care insurance, we do not encourage enrollment in TRICARE Prime. When other comprehensive health coverage is involved, TRICARE Standard (CHAMPUS) is automatically the secondary payer. It may be easier to coordinate benefits with other health insurance under TRICARE Standard or TRICARE Extra. Check with the TRICARE Service Center near you for further assistance.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) Homepage on the World

Wide Web. The address is <http://www.ha.osd.mil>.

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Headline: Healthwatch: Off The Couch, Spud!

If the most exercise you get comes from changing TV channels with the remote, you may be jeopardizing your health. By turning the television off, your risks of becoming or staying overweight are reduced by as much as 50 percent. Not to mention, turning off the television could improve your concentration, your communication with your family and friends, and your quality of life.

Researcher Dr. Larry Tucker and his colleagues at Brigham Young University conducted two recent studies of Americans viewing habits. The studies show that the chances for unhealthy obesity (that is, according to the National Institute of Health, exceeding 22 percent body fat in men or 33 percent in women) more than doubles when TV viewing reaches three to four hours a day.

Unfortunately, many people spend almost as much time watching television as they spend working for a living. And for many children, TV viewing is their primary daily activity, second only to sleeping!

You don't have to throw out your television to reduce its influence over your life. To help get that TV monkey off your back, try these tips to limit the amount of time you spend in front of the boob tube:

- Preselect programs and schedule viewing time for only the programs you really want to watch. Stick to that schedule!

- Stop channel surfing. Turn on the set only for the preselected programs and then turn it off when the show is over.

- When the TV is off, get out of the house. Go for a walk or visit friends or neighbors.

- If you can't leave the house, leave the room with the television. Read something, write a letter, resume an old hobby or find a new one.

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail address mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.